

Hope, Help & Healing

THE RENFREW CENTER FOUNDATION

Booklist & Resources



MISSION STATEMENT

The Renfrew Center and The Renfrew Center Foundation are dedicated to treatment, training, research, prevention and advocacy in the field of eating disorders. In a safe and healing community, we provide women with the skills and support to recover from anorexia, bulimia and binge eating disorder, and to create meaningful, satisfying lives.

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About Renfrew

The Renfrew Center was established in 1985 in Philadelphia as the first free-standing, residential treatment facility in the United States exclusively dedicated to the treatment of women with eating disorders. Today, Renfrew provides a comprehensive range of services in Connecticut, Florida, Maryland, New Jersey, New York, North Carolina, Pennsylvania, Tennessee, and Texas. Programs and services vary by site and include: Residential, Day Treatment, Intensive Outpatient, Individual, Family and Couples Therapy, Group Therapy, Nutrition Therapy and Psychiatric Consultation.

The Renfrew Center has treated more than 60,000 individuals with eating disorders. The treatment philosophy emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship, and the belief that every woman needs to actively participate in her own recovery.

The Renfrew Center Foundation, founded in 1990, is a non-profit, charitable organization dedicated to advancing the education, prevention, research, advocacy and treatment of eating disorders.

Through its programs, The Renfrew Center Foundation aims to:

- Increase awareness of eating disorders as a public health issue by mobilizing individuals and families in recovery and by spreading its body of knowledge across the nation.
- Educate decision makers, including governmental agencies and the media, about the dangers of eating disorders.
- Train professionals in the assessment, treatment and prevention of eating disorders and body image disturbance.
- Research the pathology, recovery patterns and effective treatment options for eating disorders and body image disturbance.
- Raise scholarship funds for those who might otherwise not be able to afford treatment.

Individuals can become more involved with The Foundation's efforts through education and advocacy campaigns and by donating funds to support our programs and scholarships for treatment. Together, with your help, we can build a future where women, men and children have the hope for a healthy life free from eating disorders. For information about The Renfrew Center's services and supporting The Renfrew Center Foundation, please visit www.renfrewcenter.com .

Renfrew's Educational Materials

The Renfrew Center Foundation offers a full array of educational materials for schools, community groups, government and professional practices. A few examples of the educational resources we offer are:

- Renfrew's Treatment Program Brochure
- Renfrew's Learning the Basics: An Introduction To Eating Disorders & Body Image Issues Brochure
- *Connections*: Renfrew's alumnae community newsletter, published twice a year, for people in recovery from an eating disorder.
- *Perspectives*: Renfrew's professional journal, published twice a year, includes articles from professionals around the world on special topics related to eating disorders.
- Eating Disorders: Signs & Symptoms Flyer
- Do I Respect My Body Quiz
- Do You Have A Healthy Relationship With Food Quiz
- Reaching Out To Someone Who May Have An Eating Disorder Flyer
- Do I Contribute To Another's Eating Disorder Flyer
- Helping Someone Readjust After Treatment Flyer
- Tips For Kids Flyer
- Prevention Tips For Parents Flyer
- Steps To Help Professionals Make A Difference In Schools Flyer
- Ten Things Coaches & Trainers Can Do To Help Prevent Eating Disorders In Their Athletes Flyer
- Renfrew's Treatment Program DVD
- Eating Disorder Assessment For Doctors & Nurses

Please visit www.renfrewcenter.com to download these free resources.

Historical & Professional Resources

Overcoming Eating Disorders: Therapist's Guide

W. STEWART AGRAS, MD & ROBIN F. APPLE, PhD

Health At Every Size: The Surprising Truth About Your Weight

LINDA BACON, PhD

Body, Self, and Society: The View from Fiji

ANNE E. BECKER, MD, PhD, SCM

Eating Problems: A Feminist Psychoanalytic Perspective

CAROL BLOOM, CSW, LAURA KOHEL, CSW & LELA ZAPHIROPOULOS, CSW

Unbearable Weight: Feminism, Western Culture, and the Body

SUSAN BORDO, PhD

Eating Disorders: Obesity, Anorexia Nervosa and the Person Within

HILDE BRUCH, MD

The Body Project: An Intimate History of American Girls

JOAN JACOBS BRUMBERG, PhD

Fasting Girls: The History of Anorexia Nervosa

JOAN JACOBS BRUMBERG, PhD

Cognitive Behavior Therapy and Eating Disorders

CHRISTOPHER G. FAIRBURN, DM, FRC Psych, FMed Sci

Overcoming Binge Eating

CHRISTOPHER G. FAIRBURN, DM, FRC Psych, FMed Sci

Binge Eating: Nature, Assessment, and Treatment

CHRISTOPHER G. FAIRBURN, DM, FRC Psych, FMed Sci & G. TERENCE WILSON, PhD

Big Fat Lies: The Truth About Your Weight and Your Health

GLENN GAESSER, PhD

In a Different Voice: Psychological Theory and Women's Development
CAROL GILLIGAN, PhD

Psychotherapy with African American Women:
Innovations in Psychodynamic Perspectives & Practice
BEVERLY GREENE, PhD & LESLIE JACKSON, PhD

The Treatment of Eating Disorders: A Clinical Handbook
CARLOS M. GRILO, PhD & JAMES E. MITCHELL, MD

Nutrition Counseling in the Treatment of Eating Disorders
MARCIA HERRIN, EdD, MPH, RD

Psychodynamic Treatment of Anorexia Nervosa and Bulimia
CRAIG JOHNSON, PhD

Counseling Tips for Nutrition Therapists
MOLLY KELLOGG, RD, LCSW

Can't Buy My Love: How Advertising Changes
The Way We Think And Feel
JEAN KILBOURNE, EdD

The Comprehensive Learning Teaching Handout Series
for Eating Disorders
SONDRA KRONBERG, MS, RD

Treating Bulimia in Adolescents: A Family-Based Approach
DANIEL LE GRANCE, PhD & JAMES LOCK, MD, PhD

Self-Harm Behavior and Eating Disorders:
Dynamics, Assessment, and Treatment
JOHN L. LEVITT, PhD, RANDY A. SANSONE, MD & LEIGH COHEN, MAT, CEDS

Treatment Manual for Anorexia Nervosa – A Family-Based Approach
JAMES LOCK, MD, PhD, DANIEL LE GRANCE, PhD,
W. STEWART AGRAS, MD & CHRISTOPHER DARE, MD

Historical & Professional Resources

Effective Clinical Practice in the Treatment of Eating Disorders:
The Heart of the Matter

MARGO MAINE, PhD, WILLIAM DAVIS, PhD & JANE SHURE, PhD, LCSW

Treatment of Eating Disorders: Bridging the Research-Practice Gap

MARGO MAINE, PhD, BETH HARTMAN MCGILLEY, PhD & DOUGLAS BUNNELL, PhD

Beyond a Shadow of a Diet:

The Therapist's Guide to Treating Compulsive Eating

JUDITH MATZ, LCSW & ELLEN FRANKEL, LCSW

Eating Disorders: A Guide to Medical Care and Complications

PHILIP S. MEHLER, MD & ARNOLD E. ANDERSEN, MD

Women Who Hurt Themselves: A Book of Hope and Understanding

DUSTY MILLER, EdD

Binge Eating Disorder: Clinical Foundations and Treatment

JAMES E. MITCHELL, MD, MICHAEL J. DEVLIN, MD,

MARTINA DE ZWAAN, MD, SCOTT J. CROW, MD & CAROL B. PETERSON, PhD

Reviving Ophelia: Saving the Selves of Adolescent Girls

MARY PIPHER, PhD

The Body Remembers:

The Psychophysiology of Trauma and Trauma Treatment

BABETTE ROTHSCHILD, MSW, LCSW

Dialectical Behavior Therapy for Binge Eating and Bulimia

DEBRA L. SAFER, MD, CHRISTY F. TELCH, PhD & EUNICE Y. CHEN, PhD

Internal Family Systems Therapy

RICHARD C. SCHWARTZ, PhD

Sexual Abuse and Eating Disorders

MARK F. SCHWARTZ, ScD & LEIGH COHN, MAT, CEDS

ADA Pocket Guide to Eating Disorders

JESSICA SETNICK, MS, RD, CSSD

Mindsight

DANIEL J. SIEGEL, MD

The Mindful Therapist:

A Clinician's Guide to Mindsight and Neural Integration

DANIEL J. SIEGEL, MD

Skills-based Learning for Caring for a Loved One with
an Eating Disorder: The New Maudsley Method

JANET TREASURE, PhD, FRC Psych, GRÁINNE SMITH & ANNA CRANE, PhD, FRC Psych

The Clinician's Guide to Collaborative Caring in
Eating Disorders: The New Maudsley Method

JANET TREASURE, PhD, FRC Psych, ULRIKE SCHMIDT, MRC Psych & PAM MACDONALD

Intuitive Eating: A Revolutionary Program That Works

EVELYN TRIBOLE, MS, RD & ELYSE RESCH, MS, RD, FADA

The Body Betrayed: A Deeper Understanding of Women,
Eating Disorders and Treatment

KATHRYN ZERBE, MD

Integrated Treatment of Eating Disorders: Beyond the Body Betrayed

KATHRYN ZERBE, MD

Individuals in Recovery & Self Help

Overcoming your Eating Disorder: A Cognitive-Behavioral Therapy Approach for Bulimia Nervosa and Binge-Eating Disorder

ROBIN F. APPLE, PhD & W. STEWART AGRAS, MD

Crave: Why You Binge Eat and How to Stop

CYNTHIA M. BULIK, PhD

Eating Disorder Sourcebook

CAROLYN COSTIN, MA, MEd, MFCC

Beating Ana:

How to Outsmart Your Eating Disorder & Take Your Life Back

SHANNON CUTTS, BBA

Overcoming Overeating

JANE R. HIRSCHMANN, MSW & CAROL H. MUNTER

Moving Away from Diets:

New Ways to Heal Eating Problems & Exercise Resistance

KARIN KRATINA, MA, RD, NANCY KING, MS & DAYLE HAYES, MS

Gaining: The Truth About Life After Eating Disorders

AIMEE LIU, BA, MFA

Binge No More: Your Guide to Overcoming Disordered Eating

JOYCE NASH, PhD

On Eating: Change Your Eating, Change Your Life

SUSIE ORBACH, PhD

Healing Your Hungry Heart: Recovering from Your Eating Disorder
JOANNA POPPINK, MFT

The Exercise Balance: What's Too Much, What's Too Little,
and What's Just Right for You!
PAULINE POWERS, MD & RON THOMPSON, PhD

Breaking Free from Emotional Eating
GENEEN ROTH

Life Without ED: How One Woman Declared Independence
from Her Eating Disorder and How You Can Too
JENNI SCHAEFER & THOM RUTLEDGE, PhD

Getting Better Bit(e) By Bit(e): A Survival Kit for Sufferers
of Bulimia Nervosa and Binge Eating Disorders
ULRIKE SCHMIDT, MRC Psych & JANET TREASURE, PhD, FRC Psych

Revolution from Within: A Book of Self-Esteem
GLORIA STEINEM

Body Image

Encyclopedia of Body Image and Human Appearance (Available Online)
THOMAS F. CASH, PhD

Body Image: A Handbook of Theory, Research, & Clinical Practice
THOMAS F. CASH, PhD & THOMAS PRUZINSKY, PhD

Body Image, Second Edition:
A Handbook of Science, Practice, and Prevention
THOMAS F. CASH, PhD & LINDA SMOLAK, PhD

When Women Stop Hating Their Bodies:
Freeing Yourself from Food and Weight Obsession
JANE R. HIRSCHMANN, MSW & CAROL H. MUNTER

Experiential Therapies for Eating Disorders
LYNNE M. HORNYAK, PhD & ELLEN K. BAKER, PhD

Integrating Body Self and Psychological Self
DAVID W. KRUEGER, MD

Acceptance & Commitment Therapy for Body Image Dissatisfaction
ADRIA PEARSON, PhD, MICHELLE HEFFNER, PhD & VICTORIA FOLLETTE, PhD

The Broken Mirror:
Understanding and Treating Body Dysmorphic Disorder
KATHARINE PHILLIPS, MD

Yoga from the Inside Out –
Making Peace with Your Body Through Yoga
CHRISTINA SELL

Spirituality & Personal Stories

This Mean Disease:
Growing Up in the Shadow of My Mother's Anorexia Nervosa
DANIEL BECKER, MA

Bulimia: A Guide to Recovery
LINDSEY HALL, CEDS & LEIGH COHN, MAT, CEDS

Eating in the Light of the Moon: How Women Can Transform Their
Relationships with Food Through Myths, Metaphors and Storytelling
ANITA JOHNSTON, PhD

Life Beyond Your Eating Disorder:
Reclaim Yourself, Regain Your Health, Recover for Good
JOHANNA S. KANDEL, BA

Starving For Salvation: The Spiritual Dimensions
of Eating Problems Among American Girls and Women
MICHELLE M. LELWICA, PhD

Give Food a Chance
JULIE O'TOOLE, MD

Women, Food and God: An Unexpected Path to Almost Everything
GENEEN ROTH

A Starving Madness: Tales of Hunger, Hope & Healing in Psychotherapy
JUDITH RUSKAY RABINOR, PhD

Andrea's Voice: Silenced by Bulimia
DORIS SMELTZER, MA WITH ANDREA LYNN SMELTZER

Families & Friends

Children and Teens Afraid to Eat: Helping Youth in Today's Weight-Obsessed World

FRANCES BERG, MS, LN

Brave Girl Eating: A Family's Struggle with Anorexia

HARRIET BROWN

I Like Me!

NANCY CARLSON

Eating with Your Anorexic: How My Child Recovered Through Family-Based Treatment and Yours Can Too

LAURA COLLINS

Your Dieting Daughter: Is She Dying for Attention?

CAROLYN COSTIN, MA, MEd, MFCC

The Parent's Guide to Childhood Eating Disorders

MARCIA HERRIN, EdD, MPH, RD & NANCY MATSUMOTO

Dad's & Daughters: How to Inspire, Understand and Support Your Daughter when She is Growing up So Fast

JOE KELLY, BS

Father Hunger: Fathers, Daughters, and the Pursuit of Thinness

MARGO MAINE, PhD

Perfect Girls, Starving Daughters

COURTNEY E. MARTIN

Why She Feels Fat: Understanding Your Loved One's Eating Disorder
and How You Can Help

JOHANNA MARIE McSHANE, PhD & TONY PAULSON, PhD

"I'm, Like, SO Fat!" Helping Your Teen Make Healthy Choices
About Eating and Exercise in a Weight-Obsessed World

DIANNE NEUMARK-SZTAINER, PhD, MPH, RD

The Good Enough Teen:
Raising Adolescents with Love and Acceptance (Despite how
Impossible They Can Be)

BRAD E. SACHS, PhD

Surviving an Eating Disorder: Strategies for Families and Friends

MICHELLE SIEGEL, PhD, JUDITH BRISMAN, PhD & MARGOT WEINSHEL, MSW

Just a Little Too Thin:

How to Pull Your Child Back from the Brink of an Eating Disorder

MICHAEL STROBER, PhD & MEG SCHNEIDER, MA, LMSW

Special Populations

Making Weight: Healing Men's Conflicts With Food,
Weight, Shape & Appearance

ARNOLD ANDERSEN, MD, LEIGH COHN, MAT, CEDS & THOMAS HOLBROOK, MD

Males With Eating Disorders

ARNOLD ANDERSEN, MD

Lesbians, Levis & Lipstick: The Meaning of Beauty in Our Lives

JEANINE COGAN, PhD & JOANIE ERICKSON

The Invisible Woman: Confronting Weight Prejudice in America

W. CHARISSE GOODMAN

The Body Myth: Adult Women and the Pressure to be Perfect

MARGO MAINE, PhD & JOE KELLY, BS

Bishvili, For Me: A Jewish Guide to Full of Ourselves

CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

Helping Athletes With Eating Disorders

RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

NCAA Coaches Handbook: Managing the Female Athlete Triad

RON A. THOMPSON, PhD & ROBERTA TRATTNER SHERMAN, PhD

Prevention & Curriculum

Preventing Disordered Eating: A Manual to Promote Best Practices for Working with Children, Youth, Families and Communities (all ages)
EATING DISORDER RESOURCE CENTRE OF BRITISH COLUMBIA

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!
KATHY KATER, LCSW

Just for Girls: A Program to Help Girls Safely Navigate Adolescence & Avoid Pitfalls Such As Eating Disorders (middle school & up)
SANDRA FRIEDMAN, MA

Just for Girls / Just for Boys
SANDRA FRIEDMAN, MA

The Prevention of Eating Problems and Eating Disorders: Theory, Research and Practice
MICHAEL P. LEVINE, PhD & LINDA SMOLAK, PhD

Body Wars: Making Peace with Women's Bodies, an Activist's Guide
MARGO MAINE, PhD

Preventing Eating-Related and Weight-Related Disorders: Collaborative Research, Advocacy, and Policy Change
GAIL McVEY, PsyD, MICHAEL P. LEVINE, PhD, NIVA PIRAN, PhD & BRUCE FERGUSON, MD

GO GIRLS!
NATIONAL EATING DISORDERS ASSOCIATION

Preventing Eating Disorders: A Handbook Of Interventions and Special Challenges
NIVA PIRAN, PhD, MICHAEL P. LEVINE, PhD & CATHERINE STEINER-ADAIR, EdD

Body Aloud! Helping Children and Teens Find Their Own Solutions to Eating and Body Image Problems
ELIZABETH SCOTT, MSW, LCSW & CONNIE SOBCZAK

Full Of Ourselves: A Wellness Program to Advance Girl Power, Health, and Leadership
CATHERINE STEINER-ADAIR, EdD & LISA SJOSTROM

The Body Project: Promoting Body Acceptance and Preventing Eating Disorders: Facilitator Guide
ERIC STICE, PhD, MA, BS & KATHERINE PRESNELL, PhD

Magazines & Workbooks

Magazines

More Magazine

MOREMAGAZINE.COM

Ms. Magazine

MSMAGAZINE.COM

New Moon Magazine

NEWMOON.ORG

Radiance: The Magazine For Large Women

RADIANCEMAGAZINE.COM

Workbooks

Body Image Workbook:

An Eight-Step Program for Learning to Like Your Looks

THOMAS F. CASH, PhD

The Overcoming Bulimia Workbook

RANDI E. McCABE, PhD, TRACI McFARLANE, PhD & MARION OLMSTED, PhD

When Your Child Has an Eating Disorder: A Step-By-Step Workbook

ABIGAIL NATENSHON, MA, LCSW

Finding Your Voice Through Creativity: The Art and Journaling
Workbook for Disordered Eating

MINDY JACOBSON-LEVY, MCAT, ATR & MAUREEN FOY-TORNAY, MA, ATR-BC, LPC

The Mindfulness & Acceptance Workbook for Bulimia: A Guide to
Breaking Free from Bulimia Using Acceptance & Commitment Therapy

EMILY K. SANDOZ, PhD, KELLY G. WILSON, PhD & TROY DUFRENE

The Bulimia Workbook for Teens

LISA M. SCHAB, LCSW

Eating Disorders: Journey to Recovery Workbook

LAURA J. GOODMAN, LMHC & MONA VILLAPIANO, PsyD

What's Eating You? A Workbook for Teens with Anorexia,
Bulimia and Other Eating Disorders

TAMMY NELSON, MS

The Dialectical Behavior Therapy Skills Workbook for Bulimia

ELLEN ASTRACHAN-FLETCHER, PhD & MICHAEL MASLAR, PsyD

Children to Young Adults

Real Gorgeous: The Truth About Body & Beauty

KAZ COOKE

Shapesville

ANDY MILLS & BECKY OSBORN

Fully Mouse Empty Mouse

DINA ZECKHAUSEN, PhD

Additional Books & Resources

can be found on our website:

www.renfrewcenter.com

Purchase books while

making a donation to Renfrew:

www.igive.com

To make a donation to support The Renfrew Center,

please visit:

www.renfrewcenter.com





The
Renfrew Center
Foundation

FOR EATING DISORDERS

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